

# **COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!**

## **2010 FITNESS CLASS SCHEDULE**

\*Session 9  
Session 1, 2010  
Session 2, 2010

December 7– December 30 \*3 1/2 week session due to holidays  
January 4 - February 12  
February 15– March 26

**\*Session 9 is a short session. There will be no class on 12/24, 12/25, 12/26, 12/30/ 12/31 and 1/1/10\***

### **Yoga**

#### **Yoga**

A	TUES	12:00pm	\$12 RES, \$14 NON-RES
B	WED	6:00pm	\$12 RES, \$14 NON-RES
C	WED	7:15pm	\$12 RES, \$14 NON-RES
D	THUR	7:30 pm	\$6 RES, \$7 NON-RES

### **ZUMBA**

#### **ZUMBA**

A	TUES	6:00pm	\$12 RES, \$14 NON-RES
B	TUES	7:15pm	\$12 RES, \$14 NON-RES
C	SAT	9:00am	\$6 RES, \$7 NON-RES

### **Step Aerobics**

#### **Step Aerobics**

A	MON	7:00pm	\$12 RES, \$14 NON-RES
B	THUR	6:30pm	\$6 RES, \$7 NON-RES

### **Cardio and Toning**

#### **Cardio & Toning**

A	MON	6:00pm	\$12 RES, \$14 NON-RES
B	THUR	5:30pm	\$6 RES, \$7 NON-RES

### **P.A.C.E**

#### **P.A.C.E.**

A	MON	9:30am	\$12 RES, \$14 NON-RES
B	WED	9:30am	\$12 RES, \$14 NON-RES
C	FRI	9:30am	\$6 RES, \$7 NON-RES

### **Spinning**

#### **Spinning**

A	MON	9:00am	\$3 RES, \$4 NON-RES
B	WED	9:00am	\$3 RES, \$4 NON-RES
C	FRI	9:00am	\$3 RES, \$4 NON-RES

### **Hip Hop Hustle**

#### **Hip Hop Hustle Begins January 8, 2010**

A	FRI	5:30pm	\$18 RES, \$14 NON-RES
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### **Turbo Kick**

#### **Turbo Kick Begins January 6, 2010**

A	WED	7:00am	\$18 RES, \$14 NON-RES
B	SAT	7:45am	\$18 RES, \$14 NON-RES

**Spinning Classes Are 45 Minutes and All Other Classes Are 1 Hour Long**



**Greenwood Parks and Recreation Department 881-4545**